



111 Time  
day spa





# Welcome to Mi Time Day Spa

Established for over 20 years, Mi Time Day Spa offers the perfect escape from the everyday. We invite you to take time out at Mi Time and reconnect with yourself; a place where you can re-energize your body and mind.

Treat yourself to a selection of our wide range of luxurious services in our delightful little day spa peaceful location within the beautiful Aanuka Beach Resort.

Relax and unwind to some pampering. Be nurtured by massage, facials, body treatments, spa packages and soothed by the unique marine products of Algologie at our delightful little day spa near the tropical setting of the Lagoon pool.

Melt into blissful relaxation with soothing oils, gentle music and the flickering of candles which is only the beginning of your journey into Mi Time.

Whether it's a relaxing one- hour spa package or a heavenly three-hour package, choose from one of our popular treatments and book now so you don't miss out on your preferred time.



## FACIALS

### *Mini Facial*

30 mins..... \$65

The 'Beach Dunes' mini facial includes cleansing, exfoliation, masque, toner and moisturising, complete with warm aromatherapy towels.

---

### *Classic Facial*

1 hr..... \$135

Using Algologie, natural beauty from the sea. The properties of seaweed are rich in amino acids, oligo-elements and vitamins acting directly on the skin nourishing and purifying improving tone and texture. Includes cleanse, brushing, steaming, exfoliation, seaweed hydration treatment, hand and arm massage, clay masque, toning and moisturising. Beautiful.

---

## MASSAGE THERAPY

### *Revival Massage*

1 hr..... \$140    30 mins..... \$75

Revival is a firm freestyle deep tissue technique massage to restore balance and release of muscle fatigue. A deeper and stronger massage using pressure point techniques and when used with hot rocks, encourages deeper muscle relaxation.

---

### *Express Yummy*

20 mins.....\$40

Neck and shoulder massage with hot stones and scalp massage... great for anyone short on time!

---

### *Mi Time Massage*

1 hr..... \$135    30 mins..... \$70

An indulgent full body relaxation massage using oils that are blended at Mi Time Day Spa. Incorporating the therapists' own techniques that will leave your body feeling relaxed and your spirit uplifted.

---

### *Detox Rox*

45 mins.....\$90

Our hot stone massage begins with a deep breathing exercise followed by dry body brushing to stimulate circulation. Warm essential oils are drizzled onto the skin before warm stones are slowly massaged into arms, legs and back to melt away soreness.

---



## BODY RITUAL TREATMENTS

### *Full Body Exfoliation*

45 mins..... \$80

Head to toe body exfoliation removing dead skin, promoting a faster skin renewal process that will leave your skin silky smooth. A facial cleanse, exfoliation and moisturise will leave you feeling uplifted and refreshed.

---

### *Fun in Mud*

2 hrs..... \$295

Fun in Mud is great therapy. Your treatment starts with a 55min massage with hot rocks. Your skin will be exfoliated in preparation for the multifunction algae clay full of trace elements and rich in minerals. You will be cocooned to infuse active ingredients while enjoying a high- performance marine mini facial. Your feet will be massaged and exfoliated, ending with a shower leaving you invigorated and feeling light as a feather!

---

### *Back Refresher*

45 mins..... \$85

Includes a salt scrub, a warm deep cleansing mask and back massage. Relaxing and cleansing for this hard to reach area

---





## HAND & FEET RITUALS

### *Express Manicure*

30 mins..... \$45  
 Nail tidy, file, buff, cuticle care, polish. Sorry no removal or application of gel based polish i.e. Shellac, Gel

---

### *Deluxe Manicure*

1 hr.....\$90  
 Nail file, buff, cuticle treatment, nail soak, hands and arms exfoliation, warm steam towels, relaxing hand and arm massage, paraffin infusion, moisturise and nail polish.

---

### *Express Pedicure*

30 mins.....\$50  
 Feet are massaged and exfoliated, cuticles tidied, nails filed and buffed. Choose a nail polish.

---

### *Deluxe Pedicure*

1 hr..... \$95  
 Pedicure is the ultimate experience. Your feet will love you! Begins with a foot soak then lay back and relax as we indulge your feet to a foot and leg massage, toe nails will be filed, buffed, cuticles tidied, complete with exfoliation and moisturising. Finishing with a deeply hydrating and softening paraffin infusion. Includes nail polish.

---

### *File & Paint*

..... \$20

---

### *Paint only*

.....\$15

---

### *Feet Pleaser*

30 mins.....\$65  
 Massaging and loosening tired feet using reflexology techniques for relaxation to work pressure points to improve energy flow to the whole body. Your feet will be exfoliated, filed and scrubbed, as well as an application of a detoxifying clay foot mask. Wonderful stress release.

---

### *Paraffin Infusion*

1.5 hrs..... \$140  
 Paraffin is a deeply hydrating and softening treatment for hands and feet. A great way to replenish and nourish the skin. Hands and feet are cleansed, exfoliated, massaged and moisturised so the paraffin treatment can be readily absorbed into your skin. Includes nail shine to fingers and toes... feel the difference!

---





## SPA PACKAGES

### *Sweet Bliss*

1 hr..... \$150

Begins with a 25min massage with our hot rocks. A scalp massage is followed by a back and foot scrub leaving you feeling revitalised. Complete the bliss with a facial and warm aroma towels.

---

### *Escape*

1.5 hrs..... \$185

You will escape on a sensory journey. A soothing foot soak and pedicure incorporates a mini facial, and a scalp, neck and shoulders massage including our hot stone therapy.

---

### *Ultimate Pamper*

3 hrs..... \$380

Your pampering begins with a relaxing massage with our hot stone therapy. A facial follow using our Algologie products full of natural ingredients from the sea, exfoliation and brushing to renew your skin, mask, toning and moisturising. Your body will be fully exfoliated. Your hands and feet will be treated to paraffin wax leaving them baby soft, including finger and toe polish... just float and relax...

---

### *Aanuka Recharge*

1.5 hrs..... \$175

Begin the journey with a relaxing hot stone massage. Then experience a Sea Salt body exfoliation and foot scrub with hot steam towels. This gorgeous package ends with a Marine Garden facial.

---

### *Cleopatra For Her*

1hr..... \$150

An indulgent treatment which starts with a body exfoliation followed by a warm back wrap to rejuvenate and renew leaving skin silky smooth and soft. Next, you will receive a foot massage to relieve stress, leaving your feet smooth enough to kiss! Finish with a massage to melt away tension, re-energising body and mind.

---

## COUPLES TREATMENTS

Dual treatment requests need to be booked in advance as extra therapists need to be reserved just for you.

### *Togetherness*

1.5 hrs..... \$370 (separate adjoining rooms)

Enjoy this wonderful couples' package with your loved one, partner, best friend or mother and daughter. A hot stone massage will melt away stress and tension. Indulge into a heavenly foot massage and back exfoliation. Complete with a mini facial.

**This package needs to be booked in advance please.**

---



## PREGNANCY PACKAGES

Not available if having a High-Risk Pregnancy.

### *9 Months Nurture*

2 hrs..... \$250

You will be treated to a gentle 30 min massage style using an un-scented oil (in a safe, comfortable foetal position designed by a midwife) to assist in relieving tension caused by pregnancy, improving skin firmness and elasticity. Included is a mini facial and deluxe pedicure. Your feet will also be treated to our popular paraffin wax, leaving your skin baby soft.

---

### *Pregnancy Massage*

30 mins..... \$70

Enjoy a gentle 30min massage especially designed for expecting mums, using un-scented oil, to assist in relieving tension caused by pregnancy, improving skin firmness and elasticity.

**Not available if having a High-Risk Pregnancy.**

---





## GENTLEMAN'S SPA TREATMENTS

### *Executive Treatment*

1.5 hrs..... \$185

Relax into a 45min massage to de-stress those tired muscles using hot rocks to melt away tightness in the shoulders and lower back. A body polish will leave your back refreshed. Your feet will relax into a heavenly foot massage followed by a customised men's skin care treatment...

### *Masculine Man*

1 hr..... \$150

This deeply relaxing package has a 25min hot rock massage to de-stress and revitalise those hard-working muscles, and a scalp massage to leave the scalp tingling. Your back will be exfoliated, your feet will be pampered and massaged and cleansed complete with hot towels. Ends with a customised men's skin care treatment.

### *Whiskey Scour Massage*

1 hr..... \$135

It's time to soften up those rough edges... of skin that is! Get buffed and scrubbed down with spiked molten bourbon to a lovable softness. Now that you've had a drink, loosen up tight muscles with a steamed hot towel and massage.

### *Bourbon on the Rocks*

30 mins..... \$65

This hot stone pedicure incorporates a spiked molten bourbon leg and foot scrub followed by a nail grooming and a warm stone massage to the legs and feet.

### *Antony For Him*

1hr..... \$150

Begin with a body exfoliation and back wrap. While the treatment is infusing enjoy a scalp massage and foot massage designed to relieve aches and revitalise circulation. This top to toe experience is completed with a deeply relaxing massage to melt away tension. Ideal to unwind and re-energise body and mind.

### *Corporate Hot Stone*

45 mins..... \$90

Relax with a 45 min hot stone massage.

## MINI ME TREATS

### *Little Miss* (12yrs & under)

1 hr..... \$95

Make your Little Miss feel glamorous. She will be looked after and pampered. She will experience a light neck, shoulder and scalp massage, and enjoy a gentle mini facial for her delicate skin plus finger and toe polish / glitter.

---

### *Dolly* (13-15yrs)

1 hr..... \$125

Teen girls love to be pampered. Celebrate this blossoming time with a hot stone massage and mini facial... complete with finger and toe polish.

---





## NATURAL THERAPIES

### *Iced Tea & Foot Soak*

30 mins..... \$45  
Relax with a foot soak and scrub while enjoying iced tea. Great little add-on to any treatment...lovely and cooling during the hot summer months.

---

### *Ear candling*

45 mins..... \$70  
This ancient technique has been in use for 3000 years by the Egyptians, Chinese and Native Americans. It is a therapeutic relaxation technique and includes a gentle pressure point and lymphatic drainage face massage with jasmine anointing oil.

---

### *Body & Soul*

30 mins..... \$55  
This is a great treatment to bring well-being to the whole person. A 25min intuitive massage ending with 5 minutes of Reiki and Chakra Balancing. This helps the physical issues as well as the mental and emotional. Complete the well-being by choosing a Goddess card for a positive affirmation.

---



# BEAUTY BAR



## FACIAL WAXING

Eyebrow Sculpture	\$20
Lip	\$13
Chin	\$15
Sides of Face	\$10

## TINTING

Eyebrow Tint	\$20
Lash Tint	\$25

## BEAUTY BAR COUTURE

Brow sculpt/Eyelash tint/Brow Tint/Hydrating eye & lip treatment	\$60
--	------

## EAR PIERCING

Single Gun	\$25
------------	------

## BOUDOIR PACKAGES

Eyebrow Sculpt & Tint	\$30
Brow Shape, Lash & Brow Tint	\$45

algologie  
FRANCE



Algologie is the leading natural marine skincare range from France.

Maintaining beauty, preserving youthfulness and improving well-being with natural marine extracts is the philosophy of Algologie.

All Algologie skin care products are filled with natural sea plant extracts and pure gulf stream seawater and are all happily almost 100% natural with never any parabens, mineral oil, propylene glycol or suspect ingredients. The main advantage of Algologie products from the prime seaweed chosen, to the advanced extraction process, is the natural power of the seaweed drawn from the heart of the ocean...



## SPA ETIQUETTE

### Customer Satisfaction

At Mi Time Day Spa, we are dedicated to delivering the highest possible standards of service, hygiene and customer satisfaction.

### Punctuality

Please arrive 10 minutes before your treatment so that you have time to relax and fill out any necessary forms. Late arrivals will shorten treatment time as not to inconvenience the next clients and a full-service fee will be charged.

### Comfort

We kindly ask that all mobile phones be turned off or on to silent to preserve a peaceful experience for all.

### Booking & Cancellation Policy

We kindly ask that you give us 24 hours' notice to change or cancel your appointment. Two hours or less notice and no-shows will be charged 50% of the total cost of the treatment booked, unless an alternative booking can be arranged.

Credit card or Room Details are required when booking treatments.

A 25% non-refundable deposit is required on booking.

Bookings can be made for In-house Guests **Ext.460**

Please be advised that a **10% surcharge applies on Sunday's and Public Holiday's.**

**All prices include GST**

### Gift Vouchers

Please present gift vouchers on arrival. Gift vouchers are a great gift idea. All vouchers are valid for 12 months from the date of purchase and are not refundable or redeemable for product.

### Dual Treatments

Dual treatment requests need to be booked in advance as extra therapists need to be arranged.

### Walk-ins

Walk-ins and last-minute bookings are always welcome and depends on availability



Mi Time  
day spa



Breakfree Aanuka Beach Resort  
Coffs Harbour NSW 2456  
Email: [mitime@bigpond.com](mailto:mitime@bigpond.com)

Telephone (02) 66 502460 (ext. 460) [www.breakfreeaanukabeachresort.com.au](http://www.breakfreeaanukabeachresort.com.au) (Day Spa)

Mobile 0428 491 306 or 0468 710 716

Monday- Friday 10am-5pm  
Saturday 10am-5pm  
Sunday- Bookings Essential

Opening & closing times may vary according to treatments booked.

*Thank you for Visiting us!*





